

Meat Cooking Temperatures

South Dakota Office of Health Protection

Food Code Fact Sheet #2

Temperature	Time	Food															
63° C - 145° F	15 seconds	Shell eggs for individual order immediate service, fish, lamb, etc., not specified below															
68° C - 155° F 66° C - 150° F 63° C - 145° F	15 seconds 1 minute, or 3 minutes	Game Animals Ground, chopped meat fish. Injected Meats. Eggs in multi-serving batches															
54.4° C - 130° F for 55° C - 131° F for 56.1° C - 133° F for 57.2° C - 135° F for 57.8° C - 136° F for 58.9° C - 138° F for 60° C - 140° F for 61.1° C - 142° F for 62.2° C - 144° F for 62.8° C - 145° F for	112 minutes, or 89 minutes, or 56 minutes, or 36 minutes, or 28 minutes, or 18 minutes, or 12 minutes, or 8 minutes, or 5 minutes, or 4 minutes, or	Beef roasts, corned beef, pork, roasts, cured ham <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr style="background-color: black; color: white;"> <th colspan="3" style="text-align: center;">Oven Preheat</th> </tr> <tr> <th style="width: 30%;"></th> <th style="width: 35%; text-align: center;"><10 lbs</th> <th style="width: 35%; text-align: center;">>10 lbs</th> </tr> </thead> <tbody> <tr> <td>Still</td> <td style="text-align: center;">177° C or 350°F</td> <td style="text-align: center;">121° C or 250° F</td> </tr> <tr> <td>Dry</td> <td style="text-align: center;">163° C or 325° F</td> <td style="text-align: center;">121° C or 250° F</td> </tr> <tr> <td>High Humidity</td> <td style="text-align: center;">121° C or 250° F</td> <td style="text-align: center;">121° C 250° F</td> </tr> </tbody> </table>	Oven Preheat				<10 lbs	>10 lbs	Still	177° C or 350°F	121° C or 250° F	Dry	163° C or 325° F	121° C or 250° F	High Humidity	121° C or 250° F	121° C 250° F
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74° C - 165° F for	15 seconds	Field dressed wild game, poultry. Stuffed fish, meat, pasta, or poultry. Stuffing containing fish, meat or poultry.															

Note: When cooking raw animal products in a microwave oven, cover the food, rotate or stir the food during cooking. Heat to 74° C or 165° F in all parts of the food and allow the food to stand two minutes after cooking.

Tip: Check your Thermometer. Calibrate your metal-stemmed thermometer to make sure it is accurate. If you have a battery operated thermometer or thermocouple, keep a spare battery handy.